

# Adults 60+ *Recreation and Services Guide*

Summer 2018





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## **Recreation and Parks Mission Statement**

To promote participation by all Rockville citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, modern and well-maintained parks and facilities.

## **Stay Informed**

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)

Email: [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

240-314-8800



[Facebook.com/rockvilleseniors/](https://www.facebook.com/rockvilleseniors/)



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

## **Prices Key:**

**Prices are listed as**

**Senior Center Member (M)**

**City Resident (R)**

**Nonresident (NR)**

# Welcome

## Rockville Senior Center Hours

Monday-Friday, 8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.

## Fitness Center Hours

Monday-Thursday, 7 a.m.-8 p.m.

Friday, 7 a.m.-7 p.m., Saturday, 7 a.m.-4 p.m.

**Main Line/Registration:** 240-314-8800

**Directions:** 240-314-5019

**Bus Transportation/Lunch Reservations**  
240-314-8810

## Center Membership Fees

\$40/year: Rockville residents

\$135/year: nonresidents; \$65 spouse

## Fitness Center Membership Fees

\$90/year (must be a Senior Center member)



Bridget Donnell Newton, Mayor  
Councilmembers

Beryl L. Feinberg, Virginia D. Onley,  
Julie Palakovich Carr, Mark Pierzchala

Robert DiSpirito, City Manager  
Tim Chesnutt, Director of Recreation and Parks  
Chris Henry, Deputy Director of Recreation and Parks  
Andy Lett, Superintendent of Recreation  
Steve Mader, Superintendent of Parks and Facilities

## Online Registration Tip

The online registration system defaults this message on the top of each program, "online registration begins May 3 at 8:30 a.m." Current members will have the word "eligible" under the member's name and receive priority registration on May 1.

**The Rockville Senior Center, including the fitness room, is closed on Monday, May 28 and Wednesday, July 4.**

## Registration Dates

**(M): Senior Center Member** registration begins **Tuesday, May 1.**

**(R): Resident** registration begins **Thursday, May 3** for Rockville residents who are not members of the Rockville Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

**(NR): Nonresident/Nonmember** registration begins **Thursday, May 3** for adults age 60 and older who live outside the Rockville city limits and who are not members of the Senior Center. Nonresidents/nonmembers pay full price for programs offered at the Senior Center.

## Any Questions?

EMAIL US AT

**seniorcenter@rockvillemd.gov**

## Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8800. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA coordinator at 240-314-8108; TTY 240-314-8137.



## Challenge yourself this summer

Enroll in a new program from watercolor camp, a Myers-Briggs indicator class, hear about famous authors and their books, take a class in mahjongg or learn to play hand bells. Attend one of the intergenerational offerings as award-winning actress Mary Ann Jung brings to life Margaret Brent, of Maryland, as a feisty colonist in an interactive show. Embrace summer and its opportunities to celebrate the warm weather.

### NEW! AARP Driver Safety Course

Conducted by the American Association of Retired Persons and designed for older drivers, this course provides updates on rules of the road and driving tips. Check with your insurance company as many course graduates receive an auto insurance discount. Note: \$15 class fee for AARP members; \$20 for non-AARP members. Payment due at class only by check or money order to AARP. Course time includes a lunch break, bring your own. Registration required by 7/18.

5625 W 7/25 10 AM-3 PM Free  
Azalea Room

### Appraisal Roadshow

Bring your antiques and Peenstra Antiques Appraisals will offer free appraisals and advice. Who knows, you could have a real treasure on your hands. The first 25 registrants have their items evaluated and the audience gets to listen in! Bring paintings, toys, jewelry, silver, porcelain, furniture and documents. Register in advance by 6/11 and list your one or two items.

5732 W 6/20 1-3 PM \$4/\$5/\$6  
Glenview Mansion

### Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events, held in partnership with Rockville Seniors, Inc. Registration is required at least one week prior to each party, based on availability.

#### July Birthday

Entertainment by: Daryl Davis  
Sponsored by: Barbara Hunt-Wolper, Dorothy Kozikowski, John and Rita McKee, and Marilyn Niles. Please note: party is on the second Wednesday of month

5150 W 7/11 1:30-3 PM Free

#### August Birthday

Entertainment by: All Mixed Up  
Sponsored by: Lucinda Hall and Golden Ringers

5151 W 8/1 1:30-3 PM Free

#### September Birthday

Entertainment by: Splendid Rockville Performing Group  
Sponsored by: Arden Courts Potomac and Jean Gregory

5152 W 9/5 1:30-3 PM Free  
Carnation Room

## Benefits of the Senior Center Membership include:

Discounts on Senior Programs • Discounts on Rentals • DVD Rentals  
Eligibility to Join the Fitness Center • Early Class Registration • Drop-in Programs  
Discounts in all Rockville Adult Classes • Eligible for Senior Garden Plots





## Book Club

An in-depth discussion covering a broad spectrum of books, ranging from older classics to current best sellers. Books are selected by the group at each session. A moderator presents topics for discussion.

5149 Th 5/24, 6/28, 7/26 10-11 AM  
Free/\$7  
Board Room

## NEW! Carnation Feud

Comedians take the podium in the Senior Center's own version of the game show, "Family Feud." Laugh along with mystery guests, all-stars and newcomers at the "Carnation Feud."

5457 W 8/8 10:30-11:30 AM Free  
Card Room

## NEW! Opera Anatomy

All you need to know about how to fully appreciate and enjoy opera! Learn a brief history of opera's origins and development, basic terminology and other facets of the art form. Included in the discussion are topics of development, the singer's role and how opera has been a mirror of its time, culture and relevance for the future.

5748 Tu 8/7 10:30 AM-12 PM \$6/\$9/\$12  
Azalea Room

## Famous Authors and Their Books

Joan Adams teaches a combination class of Books That Changed America and Movers and Shakers. This new thought-provoking program will be an interesting in-depth discussion of the authors and their books.

### June Authors – Part I

The following authors were born in June. Some of their works helped to shape American thought, others brought new thinking to literature. Authors' lives covered: Saul Bellows, Joyce Carol Oates, Harriet Beecher Stowe and William Styron.

5739 M 6/11 10:15-11:15 AM \$6/\$9/\$12  
Card Room

### June Authors – Part II

The body of works of the authors covered previously includes the following: "Humboldt's Gift", "We Were the Mulvaney's", "Uncle Tom's Cabin" and "Sophie's Choice". Discussion includes the impact of these works on American culture and literature.

5740 M 6/25 10:15-11:15 AM \$6/\$9/\$12  
Card Room

### August Authors – Part I

Authors born in August and their lives are this month's focus. Writers of fiction, memoirs, novels, and one plucky journalist are the subjects of the conversation. Authors included: Danielle Steel, Alex Haley, Frank McCourt and Helen Thomas.

5741 M 8/13 10:15-11:15 AM \$6/\$9/\$12  
Card Room

### August Authors-Part II

The body of works of the authors covered earlier will be the topics covered. How did "Roots" change America? What was learned from Helen Thomas' writings about politics among other factors? What impact have the works of Danielle Steel and Frank McCourt had on literature?

5742 M 8/27 10:15-11:15 AM \$6/\$9/\$12  
Card Room

# Arts & Enrichment

*"I have a happy time in English class.  
It helps me to learn how to have  
conversations."*

— Shu Mei Chen

## French

If you have never studied the French language or if you haven't used your previous knowledge of French for some time, this is the class for you. Build a solid foundation for conversational French through a visual and immersion technique.

### Beginner

5719 M, W 7/9-8/8 10-11:30 AM \$55/\$68/\$79

### Continuing

5718 M, W 7/9-8/8 1-2:30 PM \$55/\$68/\$79  
Azalea Room

## NEW! Gourmands Go Seafood

The Gourmands are off and running this summer to Anne Arundel County's Timbuktu Restaurant. This casual spot has a reputation for delicious crab cakes and offers a wide variety of menu choices to please all palates. Food and beverages are purchased by participants from the lunch menu. Leadership and charter bus transportation are included.

5731 Th 7/12 10:30 AM-3 PM \$28/\$35/\$40  
Glenview Mansion Lower Parking lot



## NEW! History Alive

### Margaret Brent and The Indians

If you don't know who Margaret Brent is, you should. Award-winning actress Mary Ann Jung brings to life this feisty colonist in an interactive show. Mistress Brent did the unexpected. She was America's first female landowner and lawyer, and the first women to demand the vote. In this adventure, audience members learn what it was like to cross the ocean to America and start a new life in the Maryland colony. We will have a Carmen's Ice Cream treat after the performance. Grandchildren 6 and older are welcome to attend. Please indicate on registration form the number attending and register by 6/21.

5746 Th 6/28 1-3 PM \$7/\$10/\$13  
Carnation Room

## NEW! Ice Cream Night

July is National Ice Cream Month and a perfect time to cool off with scoops of ice cream. As a special treat, professor Joan Adams shares ice cream trivia and fun facts. Grandchildren ages 6 and older are invited to take part in the evening. Please indicate on registration form the number of attending and register by 7/20.

5360 W 7/25 7-8 PM \$7/\$10/\$13  
Lounge



## NEW! Introduction to Handbells

This is an introductory using lightweight hand bells that are color-coded to create music. You don't need a musical background to take part. Each student is provided one or two handbells to play songs together as a group. Some basic musical concepts are taught, but this is mainly a way to create music together and have fun. A \$10 material fee is payable at the first class. No class on 7/17.

5361 Tu 7/3-7/31 2-2:50 PM \$20/\$30/\$40  
Board Room

## NEW! Kauai – The Garden Island of Hawaii

The oldest and northernmost island in the Hawaiian chain, Kauai has sharp mountain spires and emerald valleys, along with tropical rain forests and cascading waterfalls. This dramatic landscape is discussed by Rick Hildenbrand as he showcases one of his fabulous trips.

5362 Tu 8/21 10:30 AM-12 PM \$2/\$3/\$4  
Azalea Room

## Mah Jongg – Beginner

Learn the history and strategy involved in the American version of this fun and fast-paced tile game. Instructor provides the set to play. Each participant should purchase the 2018 Mah Jongg League card, available from the National Mah Jongg League website (\$8 for regular and \$9 for large print).

5147 W 7/18-8/8 1-2:30 PM \$26/\$32/\$40  
Lounge



## Movers and Shakers

Join college professor Joan Adams as she discusses an in-depth field of study. Summer sessions will focus on the state of Maryland.

### Maryland Founding Mothers and Fathers: Part I

They are the signers of the Declaration of Independence. What do we know about Samuel Chase, William Pace, Thomas Stone and Charles Carroll?

5737 M 7/9 10:15-11:15 AM \$6/\$9/\$12

### Maryland Founding Mothers and Fathers: Part II

Four Maryland women made history, yet are rarely covered in the textbooks. Let's spotlight Margaret Brent (first to appear before court of common law), Anne Catherine Hood Green (Maryland Gazette), Mary Katherine Goddard (printer postmaster), and Ann Teresa Matthews (founder of a monastery).

5738 M 7/23 10:15-11:15 AM \$6/\$9/\$12  
Card Room

## Rockville Seniors, Inc. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities.

For more information, visit: [www.rockvillemd.gov/boardsandcommissions](http://www.rockvillemd.gov/boardsandcommissions)

# Arts & Enrichment

## **NEW!** Myers-Briggs Type Indicator

Learn how to flex your personal style to gain influence and understanding of yourself and others. Discover strategies and tips to reduce interpersonal conflicts and increase mutual respect and appreciation of differences.

5148 W 7/18 11 AM-12:30 PM \$4/\$5/\$6  
Azalea Room

## **NEW!** Painting On Glass – Ice Cream Bowls

Summertime and the living is easy with this fun painting-on-glass class. Our latest design ideas are perfect for your enjoyment. Paint four ice cream bowls with choices of refreshing fruits of many flavors. No painting experience required. You paint the designs then take the bowls home to bake and enjoy.

5729 Th 6/7 10:30 AM-12:30 PM \$16/\$20/\$25  
Arts & Crafts Room

## **Piano Lessons**

Learn fundamentals of rhythm, theory and note reading in a small class environment. Pianos are available for each person.

### **Beginner Continuing Piano**

This class is for those students who have taken at least one series of piano with instructor Laurie Borman. The class covers keyboard, rhythms and techniques. Limited to five students to allow for individual instruction.

5364 Tu 7/3-7/31 10:30-11:20 AM \$54/\$68/\$85

### **Advanced Continuing Piano**

Class is designed for those who read both musical clefs, play two hands simultaneously and understand theory. Prerequisite: students who have taken a continuing class at the Senior Center or meet the listed requirements.

5743 Tu 7/3-7/31 11:30 AM-12:20 PM \$54/\$68/\$85  
Board Room

## **Daily Lunch**

Hot and cold lunches are available at noon, Monday-Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.72).

Reservations required: 240-314-8810.

## **NEW!** Ring with a Bling

Create your own signature ring. Stretch-bead rings are fun and easy to make and guaranteed to fit. Ring kit is \$3, available from the instructor at class.

5357 W 6/27 10:30 AM-12 PM \$5/\$6/\$7  
Blossom Room

## **Science Tuesdays**

Enjoy an engaging monthly presentation and conversation with a scientist, each meeting focusing on a different topic. No scientific background required, just curiosity. Co-sponsored by Rockville Science Center. Sign up to receive emails about monthly presentations! Second Tuesday of the month.

5720 Tu 7/10-9/11 1-2 PM Free  
Azalea Room







## Spanish

If you've never studied Spanish before or are just brushing up, this series is fun, flexible and easy to follow. Classes are designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities.

### Beginner

5715 Tu, Th 6/26-7/26 12:30-2 PM \$55/\$68/\$79

### Continuing

5716 M, W 6/18-7/23 1-2:30 PM \$55/\$68/\$79  
Blossom Room/Delgado-Alba

## Senior Citizens Commission

The commission is appointed by the Mayor and Council. The commission identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

## NEW! Watercolor Camp

The summer is a great time to refresh and learn new skills, and Val Fry's camp allows just that! Explore new surfaces and techniques to add life to your work. Bring watercolor paint and brushes to class.

### Beginner-Continuing

5623 Tu 6/5-6/26 10 AM-12 PM \$46/\$58/\$72

### Intermediate

5624 Tu 6/5-6/26 1-3 PM \$46/\$58/\$72  
Blossom Room

## Wine and Cheese Open House

Enjoy an evening out to meet new friends and the staff at the Senior Center. Bus transportation is available for Rockville residents by calling 240-314-8810. Register for transportation and event by 7/10. **A \$3 donation is recommended to support the Program Assistance Fund.**

5754 Tu 7/17 5:30-7 PM  
Carnation Room

*"The Senior Center is my second family in the United States of America. I appreciate the help of our social services, the different organized activities and the kindness of the people here."*

— Joseph Katanga

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## TRIP REGISTRATION

### In-Person Lottery Tuesday, May 22, 10:30 a.m.

Senior Center members and residents. Numbers distributed random order, 10:15 a.m.



### Wednesday, May 23

Nonresidents and nonmembers. Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.

When you travel with the Senior Center, you can relax and leave the driving and parking to us. Travel in the comfort of a chartered bus, equipped with restrooms. It's a great way to meet new people or create memories with old friends. Hurry! Trips tend to sell out quickly, so don't delay. Call 240-314-8800 for more information.



#### NEW! Capitol Steps

We begin our adventure with a tour of the Ronald Reagan Building in Washington. The history, cultural landmarks and public amenities of the building will be covered. Following the tour, there is time to purchase dinner on your own at the food court, featuring 17 eateries with flavors from around the world. The Capitol Steps will be performing in The Amphitheater. This troupe of players bring political satire to a whole new level. They are funny, thought-provoking and have up-to-the-minute timely political commentary based on the latest scandal of the day. Trip includes charter bus transportation, leadership, tour and show.

5365 Sa 6/2 3-10:30 PM \$71/\$89/\$102  
Glenview Mansion Lower Parking lot

#### NEW! Chesapeake Cravings

Taste Annapolis! Start the tour with a historically attired guide at Ram's Head Tavern. Enjoy Maryland inspired soup while listening to spicy and sweet tales of the area. Then we're off to the Maryland State House for a tour, followed by a Chesapeake inspired lunch at Blackwall Hitch. Our culinary experience will end at historic London Town and Gardens, one of Maryland's earliest settlements, where we will have a Colonial hearth cooking demo and dessert. Trip includes tours, leadership, lunch and charter bus transportation.

5728 Tu 6/19 8:45 AM-4:15 PM \$95/\$120/\$139  
Glenview Mansion Lower Parking lot





## NEW! Museum of the Bible

The newest museum addition to Washington, located two blocks from the National Mall, the Museum of the Bible is a 430,000 square foot museum that will amaze you from the moment you enter. Floor by floor, you are invited to explore and experience the history, narrative and impact of the Bible through the use of cutting-edge technology. Stroll a recreated street in Nazareth with live docents or visit the 500-seat theatre. Several of the world's prominent collections of biblical objects and artifacts have contributed to the creation of the collections. Lunch on your own at the museum restaurant. Trip includes charter bus transportation, leadership and museum entrance.

5366 Tu 7/17 9 AM-3 PM \$45/\$56/\$64  
Glenview Mansion Lower Parking lot

## NEW! "Dave" – World Premiere at Arena Stage

From a Tony and Pulitzer Prize award-winning creative team comes the world premiere musical-comedy "Dave". Adapted from the Oscar nominated film, the story is of a high school teacher (and presidential lookalike) who is hired by the Secret Service as a stand in for the commander in chief. This inaugural run is the latest in a growing list of shows that could be bound for Broadway after a successful premiere in D.C. Participants may bring lunch or snacks on the bus. Trip includes charter bus transportation, leadership and show.

5367 Th 8/2 11:30 AM-4:30 PM \$95/\$118/\$136  
Glenview Mansion Lower Parking lot



## Annual Crab Feast

Take a trip over the Chesapeake Bay Bridge to Kent Island for our annual crab feast at Fisherman's Crab Deck. Enjoy the breeze along the water's edge and have an all-you-can-eat crab experience. The menu consists of soup, coleslaw, corn on the cob, chicken, hush puppies, crabs and ice cream sundae. Trip includes charter bus transportation, leadership and lunch.

5358 W 8/15 10:30 AM-4 PM \$80/\$100/\$115  
Glenview Mansion Lower Parking lot

## Washington Nationals Baseball Game

Another successful season is behind us and the Nats expect 2018 to be another great year. Let's root for the home team against the Phillies at a 1 p.m. game. We don't have our specific seat locations yet, but we always try for the club-level section. Note: Food and beverages are on your own. Trip includes charter bus transportation, leadership and tickets.

5819 Th 8/23 11 AM-5:30 PM \$88/\$110/\$127  
Glenview Mansion Lower Parking Lot

## Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app store. Use the messaging app to communicate with your friends and more.

### PHONE

5638	M, W	6/25-6/27	1-3 PM	\$15/\$20/\$25
5639	M, W	7/23-7/25	1-3 PM	\$15/\$20/\$25
5640	Tu, Th	8/28-8/30	10 AM-12 PM	\$15/\$20/\$25

### TABLET

5634	M, Tu	7/30-7/31	1-3 PM	\$15/\$20/\$25
5633	Tu, Th	6/12-6/14	1-3 PM	\$15/\$20/\$25

Comp. Lab/Hickman

## Avoiding Phone Scams

Our phones ring frequently each day. Your advertising dollars are desired. How do you know if these calls are legitimate from people claiming to be from Microsoft, your bank or a well known charity? We will examine some of the many cons and scams that exist and learn the signs of deception.

5647	W	7/11	1-3 PM	\$7/\$9/\$13
5648	Th	7/26	10 AM-12 PM	\$7/\$9/\$13
5649	Tu	8/28	1-3 PM	\$7/\$9/\$13

Comp. Lab/Hickman

## (B) Computers - Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating and/or deleting a desktop shortcut.

5701	Th	6/28	1-3 PM	\$5/\$7/\$9
5702	Th	7/26	1-3 PM	\$5/\$7/\$9

Comp. Lab/Martin

## (B) Email Basics

Introductory session uses class accounts to learn the basics of sending, receiving, copying and saving emails.

5658	Tu	6/26	1-3 PM	\$5/\$7/\$9
5659	Th	7/19	1-3 PM	\$5/\$7/\$9
5660	Tu	8/14	1-3 PM	\$5/\$7/\$9

Comp. Lab/Martin

## (B) Using Function Keys

Function keys have a variety of different uses or no use at all. See how function keys improve how you work with your computer.

5674	M, W	6/25-6/27	10 AM-12 PM	\$15/\$20/\$25
5675	M, W	7/16-7/18	1-3 PM	\$15/\$20/\$25
5676	Tu, Th	8/21-8/23	1-3 PM	\$15/\$20/\$25

Comp. Lab/Hickman

## (B) Using Right Click – Left Click

Understand your mouse and discover how to find, move, copy and save files and pictures. Create or delete shortcut icons on your desktop, emails and documents.

5663	Tu	6/19	1-3 PM	\$7/\$9/\$13
5664	Th	7/5	1-3 PM	\$7/\$9/\$13
5665	Th	8/16	1-3 PM	\$7/\$9/\$13

Comp. Lab/Martin

## (B) Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have.

5650	Tu	6/5	10 AM-12 PM	\$15/\$20/\$25
5651	M	7/2	10 AM-12 PM	\$15/\$20/\$25
5652	Tu	8/7	10 AM-12 PM	\$15/\$20/\$25

Comp. Lab/Hickman



## (BI) PC Infections

Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn to identify the signs and symptoms of malicious software.

5709	Tu	6/5	1-3 PM	\$7/\$9/\$13
5710	Th	7/5	10 AM-12 PM	\$7/\$9/\$13
5711	Th	8/2	1-3 PM	\$7/\$9/\$13

Comp. Lab/Hickman

## Coding (Beginner)

If you're someone who wants to learn about coding but you haven't got a clue where to start, let us help. Taking this course enables you to easily make your own creations appear on the computer screen, from art to science to theater.

5730	F	7/6-7/27	10 AM-12 PM	\$7/\$9/\$13
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Comp. Lab/Katzper

## File Management

Learn how to copy, move, delete and rename files. Organize your work and find lost files. Make folders and get a better understanding of your profile

5641	Th	7/12	1-3 PM	\$7/\$9/\$13
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Comp. Lab/Martin

## Flip Phone Basics

Learn the basics about your flip phone. Get direction on what the icons mean on your screen and how to navigate through the buttons.

5712	Tu	7/3	10 AM-12 PM	\$11/\$13/\$15
5713	Tu	8/7	1-3 PM	\$11/\$13/\$15

Comp. Lab/Hickman

## Fun with Pics

Introduces drawing features in MS Word and Windows Paint program. Covers elementary manipulation of pictures and text in documents.

5656	Th	6/21	1-3 PM	\$7/\$9/\$13
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Comp. Lab/Martin

## (I) Computer Troubleshooting

Learn basic troubleshooting techniques and solve your computer problems.

5677	Tu, Th	6/19-6/21	10 AM-12 PM	\$15/\$20/\$25
5678	M, W	8/6-8/8	1-3 PM	\$15/\$20/\$25

Comp. Lab/Hickman

## (I) Laptops – Windows 7

Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 7.

5703	M, W	6/4-6/6	1-3 PM	\$15/\$20/\$25
5704	M, W	8/13-8/15	1-3 PM	\$15/\$20/\$25

Comp. Lab/Hickman

## (I) Laptops – Windows 8

Bring your laptop to class and learn about wireless connections, touch pads, internet access, protecting your computer from theft and other important features of Windows 8.

5705	M, W	6/11-6/13	1-3 PM	\$15/\$20/\$25
5706	M, W	8/20-8/22	10 AM-12 PM	\$15/\$20/\$25

Comp. Lab/Hickman

## (I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? These tips help improve performance and answer questions that puzzle you about your computer.

5666	Tu, Th	6/26-6/28	10 AM-12 PM	\$9/\$11/\$13
5667	Tu	7/17-7/24	1-3 PM	\$9/\$11/\$13
5668	Tu, Th	8/21-8/23	10 AM-12 PM	\$9/\$11/\$13

Comp. Lab/Hickman

## (I) Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (10 Version).

5635	M, W	7/9-7/18	10 AM-12 PM	\$27/\$34/\$42
5636	M, W	8/20-8/29	1-3 PM	\$27/\$34/\$42

Comp. Lab/Hickman

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## (I) Microsoft Excel II

After taking Microsoft Excel I, enhance your skills in chart formats and modify chart data; creating advanced database features; working with multiple worksheets and workbooks.

5637 M, W 7/23-8/1 10 AM-12 PM \$27/\$34/\$42  
Comp. Lab/Hickman

## (I) Microsoft Word

Learn to line up text, collate a list and make documents look professional.

5642 M, W 6/4-6/11 10 AM-12 PM \$27/\$34/\$42  
5643 M, W 8/6-8/13 10 AM-12 PM \$27/\$34/\$42  
Comp. Lab/Hickman

## (I) Using Thumb Drives Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy and paste files from that drive to any other computer. It's important to have a backup.

5696 Th 6/7 10 AM-12 PM \$7/\$9/\$13  
5697 M 7/9 1-3 PM \$7/\$9/\$13  
5698 W 8/1 1-3 PM \$7/\$9/\$13  
Comp. Lab/Hickman

## (I) Windows 10 Laptop

With the rollout of Windows 10 on new laptops, learn how to navigate the newest Windows platform.

5707 M, W 6/18-6/20 1-3 PM \$27/\$34/\$42  
5708 M, W 8/27-8/29 10 AM-12 PM \$27/\$34/\$42  
Comp. Lab/Hickman

## Microsoft Powerpoint

Create a presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics also include how to add titles, charts, tables and pictures.

5646 M, W 6/13-6/20 10 AM-12 PM \$27/\$34/\$42  
5645 Tu, Th 7/17-7/24 10 AM-12 PM \$27/\$34/\$42  
Comp. Lab/Hickman

## PC Voice Commands

Learn to set up your computer for Windows speech recognition, create and edit documents or emails, launch applications, open files, control your mouse and more. Program requires Windows 7 or 8.

5629 Th 6/7 1-3 PM \$7/\$9/\$13  
5631 Tu 7/3 1-3 PM \$7/\$9/\$13  
5632 Th 8/9 1-3 PM \$7/\$9/\$13  
Comp. Lab/Hickman

## Pictures to PC

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class.

## Tablet

5669 Tu 7/10 1-3 PM \$7/\$9/\$13  
5671 Th 8/2 10 AM-12 PM \$7/\$9/\$13  
Comp. Lab/Hickman

## Phone

5699 M 7/2 1-3 PM \$7/\$9/\$13  
5700 Th 8/9 10 AM-12 PM \$7/\$9/\$13

## Windows 10 Desktop

The next version of Windows is here. Learn about the updated features and the new browser.

5653 Tu,Th 6/12-6/14 10 AM-12 PM \$27/\$34/\$42  
5654 Tu,Th 7/10-7/12 10 AM-12 PM \$27/\$34/\$42  
5655 Tu,Th 8/14-8/16 10 AM-12 PM \$27/\$34/\$42  
Comp. Lab/Hickman





## ROCKVILLE SENIOR FITNESS CENTER

*It's the best time to be 60+ in Rockville!*

7 a.m.-8 p.m., Monday-Thursday • 7 a.m.-7 p.m., Friday • 7 a.m.-4 p.m., Saturday

### Fitness Center Membership Fees

\$90/year (Must be a Senior Center member)

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)

**240-314-8800**

### Abs and Back

The core is the key to better posture, better balance and better movement. This class focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks and mid- and lower-back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat.

5504 Tu 6/26-8/21 5-5:45 PM \$45/\$56/\$67  
Exercise Room/D'Angelo

### Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using basic dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music.

5561 Tu, Th 6/26-8/23 11 AM-12 PM \$58/\$72/\$87  
5482 W 6/27-8/29 2:15-3:15 PM \$35/\$44/\$52  
Exercise Room/Klopfer

### Afternoon Yoga Flow

Calm your mind and body during this afternoon yoga flow class. Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please bring a yoga sticky mat.

5579 Tu, Th 6/26-8/23 3:30-4:30 PM \$75/\$94/\$112  
Exercise Room/Ford

### NEW! All-Day Exercise

Would you like to try a new exercise class to help spice up your fitness routine? Preview many classes that will be offered this Fall. We'll have several free 25-minute class demonstrations offered throughout the day. Try as many as you would like.

5745 Th 8/30 10 AM-2 PM Free  
Exercise Room

### Arthritis Foundation – Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression.

5564 Tu, Th 6/26-8/23 1-2 PM \$29/\$72/\$87  
5484 F 6/29-8/24 1:15-2:15 PM \$35/\$44/\$53  
Exercise Room/Owen

### Balance Matters

Formally called A Matter of Balance, these exercises help improve stability, coordination, leg strength and posture. Exercises in this class help reduce the risk of falling and prevent injury to improve overall daily life.

5480 W 6/27-8/29 12:10-12:50 PM \$35/\$44/\$53  
Exercise Room/TBA

# Fitness and Sports



## Belly Dance Basics

Enjoy an expressive, exciting and energetic activity. Basic belly dance practices can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength.

5486 F 6/29-8/24 10-10:45 AM \$35/\$44/\$53  
Blossom Room/Ford

## Body Sculpt Workout

Work all your major muscle groups with the use of weights, bands and tubes. The instructor guides you through each movement. All exercises are appropriate for adults 60 and older. This class includes work on the mat.

5507 F 6/29-8/24 9-9:45 AM \$45/\$56/\$67  
Thomas Farm CC/Ramsey

## NEW! Cardio Drum

Try this exciting new class that uses a stability ball and drum sticks. This class gets your heart pumping, strengthens your lungs and improves endurance. This class is adaptable to most fitness levels.

5736 M 6/25-8/20 2-2:45 PM \$40/\$50/\$60  
Exercise Room/Delgado-Alba

## Caribbean Dance Basics

Learn how to dance salsa, cha cha, guaguancó and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. You combine the steps learned to create fun Caribbean dances performed to live music.

5510 M 6/25-8/20 11 AM-12 PM \$45/\$56/\$67  
Carnation Room/Delgado-Alba

## Caribbean Dance and More

Advance your knowledge dancing salsa, cha cha, guaguancó and other Caribbean rhythms to the next level. Learn how to dance with different patterns and combinations of basic Caribbean dance rhythms, performed to live music. The instructor provides enough direction and practice to help you be successful in the class.

5513 W 6/27-8/29 11 AM-12 PM \$33/\$44/\$55  
Carnation Room/Delgado-Alba

## Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility and endurance, and promote better circulation.

5543 M, W 6/25-8/27 11 AM-12 PM \$50/\$62/\$75  
Exercise Room/Ramsey





## Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. Direct the flow of your body's energy to help prevent disease and build strength.

5546 F 6/29-8/24 11:15 AM-12 PM \$50/\$62/\$75

5549 F 6/29-8/24 12:15-1 PM \$50/\$62/\$75

Blossom Room/Helfer

## Easy Feet

Use fun, energetic music to learn easy-to-follow patterns including basic dance movements, and receive a great light-cardio workout. Appropriate for beginners.

5488 F 6/29-8/24 11:15 AM-12 PM \$35/\$44/\$53

Exercise Room/Finn

## Easy Zumba

Combine fun, energetic and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Wednesday class will be held in the Carnation Room. Appropriate for beginners.

5552 M, W 6/25-8/27 10-10:50 AM \$50/\$62/\$75

Exercise Room/Serrano-Gonzalez

## Easy Zumba Bilingual

Esta clase inspirada en musica Latina, es apropiada para principiantes. 'Easy Zumba' está diseñada para ayudarle a ejercitar todo su cuerpo mientras se divierte bailando. Las instrucciones se proveerán en español e inglés. This Latin-inspired class is appropriate for beginners. Easy Zumba is designed to help you get a total body workout while having fun dancing. Instructions provided in Spanish and English.

5490 F 6/29-8/24 10:45-11:35 AM \$35/\$44/\$53

Twnbrook CRC/Serrano-Gonzalez

## Fitness Club

Interested in becoming a Fitness Club member? Workout in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$90 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

## Basic Exercise Machine Training

Basic exercise machine training is required of all new Fitness Club members. This is done by appointment only. Appointments can be made at the front desk. \$15.

## Exercise Machine Training-Plus

For those who want more than the required basic training program, this training is led by one of our certified personal trainers. Receive a basic exercise plan designed specifically for you at the end of your session. Appointments can be made at the front desk. \$40.

## Forever Fit

Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels.

5492 M 6/25-8/20 12:10-12:50 PM \$35/\$44/\$53

5573 Tu, Th 6/26-8/23 10-10:50 AM \$65/\$81/\$97

Exercise Room/Finn

## Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants use weights and mats. This work out is for most fitness levels.

5516 Sa 6/30-8/25 10-11 AM \$48/\$60/\$72

Exercise Room/Owen

# Fitness and Sports



## Hot Zumba Moves

Increase your energy with exciting dance moves. This class is taught using percussion instruments along with Latin-based music. Have a total-body workout and reduce stress levels while having fun dancing. Appropriate for active participants who can walk and turn with ease.

5519 Tu 6/26-8/21 2:15-3 PM \$48/\$60/\$72  
Exercise Room/Serrano-Gonzalez

## On Your Feet – Yoga Blend

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved.

5522 W 6/27-8/29 1:15-2 PM \$48/\$60/\$72  
5525 F 6/29-8/24 12:15-1 PM \$48/\$60/\$72  
Exercise Room/Finn

***“My latest bone density showed increase in density — without medication! I credit the exercise!”***

**— Ji Kuntz**

## Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). Class is appropriate for beginners.

5567 Th 6/28-8/23 11-11:45 AM \$58/\$72/\$87  
Lounge/Finn

## Pilates – Intermediate Workout

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

5570 Th 6/28-8/23 2:15-3 PM \$58/\$72/\$87  
Exercise Room/Klopper

## Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor. Resident rate and non resident rate include a three month membership to the Senior Center and Fitness Center.

5585 6/25-9/8 8 AM-6 PM \$299/\$349/\$375  
Fitness Room





***“There are an assortment of times and types of exercise classes so I can have a schedule that fits my needs, balance, strength training and stretch movements. Zumba Gold, can’t leave cranky!”***

**— Chris Hager**

## Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our post-rehab specialist works together with your medical professionals to develop a safe and effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist. Resident rate and non-resident rate includes a 3 month membership to the Senior Center and the Fitness Center.

5588 6/25-9/8 8 AM-6 PM \$299/\$349/\$375  
Fitness Room

## Soul-Line-Dance

This dance-based fitness class is appropriate for people of all fitness levels who like to shake their groove thing. Like its country cousin, soul-line dance is a set of steps and moves to soul and hip-hop music that’s repeated facing all four walls. Learn to two step, shuffle and wobble, among others.

5628 Tu, Th 6/26-8/23 6:30-7:30 PM \$50/\$62/\$75  
Exercise Room/Hailey

## Stretch With Ease

This easy-to-follow class helps you increase your flexibility while incorporating simple stretches and basic yoga movements. This class is appropriate for most fitness levels. Bring a yoga sticky mat. This class includes work on the mat.

5501 Sa 6/30-8/25 11:15 AM-12 PM \$40/\$50/\$60  
Exercise Room/Owen

## Strength Training Challenge

This class is designed to build muscle strength, endurance and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Class includes work on the mat.

5576 Tu, Th 6/26-8/23 9-9:45 AM \$65/\$81/\$97  
Exercise Room/Ramsey

## NEW! Sunrise Yoga

Start your day energized and ready to go. This outdoor yoga class begins with a warm-up and ends with a relaxation period. Perfect for the early morning exerciser. Bring a yoga sticky mat. Class will be moved indoors during inclement weather. (Class located on the west side of the building, by the sculpture.)

5744 W 6/27-8/29 7:30-8:15 AM \$48/\$60/\$72  
Outdoors/Ford

## T’ai Chi Ch’uan – Beginner/Intermediate

Combine body movement, breathing and mental awareness to promote health and relaxation. This class incorporates and compares different styles of T’ai Chi, including aspects of history and culture. For Senior Center members only.

5469 Tu, Th 6/26-8/23 10-10:50 AM \$8  
Carnation Room/Gegan

## Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class may include work on the mat.

5528 M 6/25-8/20 9-9:45 AM \$48/\$60/\$72  
5531 F 6/29-8/24 9-9:45 AM \$48/\$60/\$72  
Exercise Room/Klopper

## Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente. All participants must register and have a signed doctor's certificate. Note: First Wednesday of every month class is held at Lincoln Park Community Center.

M & W 1:30-2:15 PM & 2:20-3:05 PM Free

## Triple Challenge

This great class addresses the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only one hour. Class can be modified for most fitness levels. This class includes work done on the mat.

5534 W 6/27-8/29 5-6 PM \$48/\$60/\$72  
Exercise Room/Biedscheid

## Triple Zen

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates. This class is performed in slow, flowing patterns. Bring a yoga sticky mat. This class includes work done on the mat.

5537 M 6/25-8/20 11:15 AM-12 PM \$48/\$60/\$72  
Lounge/Owen



## Walking Strong

Any time is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that includes muscle-boosting exercises to increase circulation, boost your immune system and burn calories. Walk approximately 1 mile each class.

5472 Tu, Th 6/26-8/23 12:15-12:45 PM \$28/\$35/\$42  
Exercise Room/Owen

## NEW! Walking Series – Sugarloaf Mountain

Enjoy the outdoors with this seasonal event. Join this walking series to increase your fitness level while experiencing some of our beautiful local parks/trails. This program is designed for the active participant. Some trails may include uneven surfaces. Bring a bag lunch. Transportation will be provided.

5747 Th 6/21 10 AM-2 PM \$10/\$12/\$15  
Klopper

## Yo-Chi and Balance

This mind-body class combines standing yoga poses with Chinese T'ai Chi movement patterns to enhance balance. This fusion program improves stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Modifications are available. Class is for most fitness levels. Bring a yoga sticky mat.

5495 M 6/25-8/20 1-1:45 PM \$35/\$44/\$53  
Exercise Room/Serrano-Gonzalez

**Questions about  
your workout?  
Ask the trainer!**



Call for a free 15-minute appointment  
or stop by the Rockville Senior Center  
Fitness Room desk.

**240-314-8813**

(Fitness Center members only.)



## Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total-body conditioning workout using the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

5558 W 6/27-8/29 8:45-9:30 AM \$55/\$69/\$82  
Exercise Room/TBA

## Yoga Flow

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please bring a yoga sticky mat.

5540 M 6/25-8/27 6:30-7:30 PM \$48/\$60/\$72  
5806 Th 6/28-8/30 5-6 PM \$48/\$60/\$72  
Exercise Room/Lydecker

## Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat. This class includes work done on the mat.

5619 W,F 6/27-8/29 (W) 9:50-10:50 AM \$95/\$119/\$142  
(F) 10-11 AM  
Exercise Room/Figluere

## Personal Trainer

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

**One: One Hour Session: \$49**  
**Two: One Hour Sessions: \$95**  
**Three: One Hour Sessions: \$135**  
**Six: One Hour Sessions: \$250**  
**Ten: One Hour Sessions: \$395**  
Fitness Room

## Game Room Activities

Play pool and table tennis daily in the Senior Center game room. Open 8:30 a.m.-7 p.m., Monday and Wednesday, 8:30 a.m.-5 p.m., Tuesday, Thursday and Friday, and 8:30 a.m.-2:45 p.m., Saturday. Practice games, clinics and instruction are held regularly. Table tennis is also available at Twinbrook Community Recreation Center from 9-10 a.m., Wednesday. For Senior Center members only.

Ongoing Free  
Game Room

## Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total-body workout.

5498 M 6/25-8/20 5-6 PM \$40/\$50/\$60  
Exercise Room/Ford

## NEW! Zumba Toning Workout

Add some oomph to your workout with the Zumba fitness toning sticks. While using 1 pound Zumba sticks, you can easily train certain muscles to work a little harder to the rhythm of the music. This great combination of strength training and cardio offers a total-body workout.

5734 F 6/29-8/24 2:30-3:15 PM \$40/\$50/\$60  
Exercise Room/Ford

***"I Joined the Rockville Senior Center shortly after retiring, in 2009. Participating in seminars, classes, trips, clubs and other social activities has allowed me to have many new experiences and make so many new friends."***

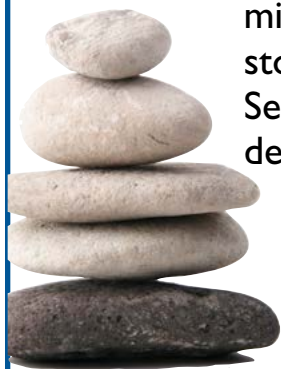
***- Lucinda Hall***

The Rockville Senior Center, including the fitness room, is closed on Monday, May 28 and Wednesday, July 4.

## Ask the Wellness Coach!

*Let our coach check your body composition and help monitor your blood pressure.*

Ask questions about nutrition, diet and general health.



Call for your free 15-minute appointment or stop by the Rockville Senior Fitness Room desk.

*(Fitness Center members only.)*

**240-314-8813**

## Sports – Instructional

### Table Tennis - Beginner

For those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

5474 M 6/18-8/20 1-2 PM \$50/\$62/\$75  
Game Room

### Table Tennis – Intermediate

For those who have a basic knowledge of the rules and scoring and have experience playing. Not only is the game fun to play, it helps dexterity, flexibility and coordination.

5476 W 6/13-9/5 1-2 PM \$60/\$75/\$90  
Game Room

### Table Tennis - Advanced

For players who have advanced beyond the intermediate level of play. Participants must have strong knowledge of rules and scoring.

5478 F 6/15-8/31 1-2 PM \$60/\$75/\$90  
Game Room

### Wii Bowling

Join this fun group of seniors and bowl indoors on Friday mornings at the Senior Center – all through the game system, Wii. A light-weight remote is the key to this fun, interactive game. Participants must be current Senior Center members to take part.

5462 F 6/29-8/24 10 AM-12 PM Free  
Azalea Room

***“The Senior Center keeps me energized through various exercise programs (many exercise classes are often wait-listed) and activities that keep me mentally alert with lectures, art, computers, cooking classes, trips, quilting and interacting with other seniors. Socialization is very important. The entertainment at the birthday parties and the supper club dinner are an added bonus! The Rockville Senior Center staff is the very best! They handle all of these activities and many more with enthusiasm that rubs off on all the members. I am thankful that we have this fine facility in Rockville! We, as members, couldn’t be without it. The center is a very important part of our lives!”***

***– Judy Pretka***



## Sports Leagues

### Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. If interested in joining a team, register for this activity at the Rockville Senior Center front desk. A tournament will be held July 24 from 10 a.m.-noon. For Senior Center members only.

5464 Tu, Th 10-11 AM Free  
Bocce Court

### Duffers Club

Join the 2018 golf season. Play is arranged at local golf courses. All levels of ability are invited to join however this is not a teaching activity. Both nine- and 18-hole play are available.

5467 M 7:30 AM-1 PM \$6/\$7/\$9  
Reamy

### ROGue Tennis

ROGue Tennis is played indoors with a foam ball on a smaller court, so play is easy and fun. Special tennis balls bounce lower and move slower through the air, making them easier to hit. This class is appropriate for beginners. All equipment is provided.

5470 M 6/25-7/30 3:15-4:30 PM \$15/\$18/\$22  
Exercise Room

### Fitness Buddy

Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Schedule an appointment and your buddy will work with you for one hour. This is not a personal training session. An appointment is required for this service. Please stop at the front desk to schedule. Must be a Fitness Center member.

1450 M-F 8:30-6 p.m. \$15

## Senior Swim

All swim classes are held at the Rockville Swim and Fitness Center located at 355 Martins Ln., Rockville, MD 20850

**Rate Key:** Rockville Resident/RSFC Member/Non Resident Non RSFC Member

### Senior Aquacize – Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Swimming skills not required.

5163	M	6/18-8/6	10:10-10:55 AM	\$18/\$23/\$23
5164	W	6/20-8/8	10:10-10:55 AM	\$16/\$20/\$20
5165	F	6/22-8/10	10:10-10:55 AM	\$18/\$23/\$23

### Senior Aquacize – Advanced

This swim course is similar to "Beginner Senior Aquacize," only faster paced. (Meets outside during the summer session.)

5160	M	6/18-8/6	11:05-11:50 AM	\$18/\$23/\$23
5161	W	6/20-8/8	11:05-11:50 AM	\$15/\$20/\$20
5162	F	6/22-8/10	11:05-11:50 AM	\$18/\$23/\$23

### 60-Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

5168	Tu	6/19-8/7	2:05-2:50 PM	\$18/\$23/\$23
5169	Th	6/21-8/9	2:05-2:50 PM	\$18/\$23/\$23

### Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Perfect for anyone looking for a midday boost. Swimming skills not required.

5166	M	6/18-8/6	2-2:45 PM	\$18/\$23/\$23
5167	W	6/20-8/8	2-2:45 PM	\$15/\$20/\$20



## Staff Highlight:

Meet Rika Granger, LCSW-C, Positive Aging Empower Now Program, Aspire Counseling. She is at RSC on Tuesdays and Thursdays to provide counseling for anyone whose quality of life is impacted by distress and/or difficulty due to any of a variety of typical aging issues. She sees people individually for such issues as loss, health anxiety, caregiving, depression and anxiety, family conflict, downsizing, living alone, adjusting to retirement, adjusting to loss of freedom to drive, planning for end-of-life care, etc. She also offers psycho-educational support groups on these issues (three to four groups per quarter). For information or to make an appointment, contact the Senior Center or Rika at Aspire Counseling (fgranger@we-aspire.org, 301-978-9750).

## Balance and Fall Prevention

Did you know that one in three people over the age of 65 fall each year? This presentation discusses the dangers of falling, the importance of balance and practical ways to prevent falls, such as wearing proper footwear, making your home as safe as possible, and getting fit. We also discuss different causes of dizziness that can be resolved or improved with physical therapy! We will be offering FREE fall risk assessment following the presentation, so stick around to find out where you stand! Presented by Fyzical, Therapy and Balance Centers.

5722 Tu 8/28 1-2:30 PM Free  
Azalea Room

## NEW! Brain Health Assessment

This workshop delivers a free and private brain health assessment that answers the question, "Is my memory normal or should I see my doctor?" The workshop is completed on laptops, so participants need to have basic computer skills, speak English and be between the ages of 40-79. There will be two back-to-back sessions, with room for 20 people in each session. After the simple test, which takes about 15-20 minutes, there is time for your personal assessment and to receive the best up-to-date information on brain health. Presented by Cogniciti, the brain health subsidiary of Baycrest Health Sciences, an established healthcare leader affiliated with the University of Toronto. You must sign up to attend this workshop: Call Betty Figure at 240-314-8803.

### Group 1

5450 Tu 7/17 1-2 PM Free  
Azalea Room

### Group 2

5714 Tu 7/17 2-3 PM Free  
Azalea Room

**Aging Information, Services and Support for Seniors and families may be obtained by calling the Center 240-314-8810.**

Now Senior Support Services are extended beyond the Rockville Senior Center! Meet with our outreach workers at:

**Twinbrook Community Center**  
(240-314-8830) on Fridays  
10:30 a.m.-12:30 p.m.

***"The center is not far from my home. They have five-star entertainment, education, gym, lunch, and health support."***

***– Barbara Hunt-Wolper***



## Catch Your Z's With Ease

Getting a good night's sleep is critical to maintaining good physical and emotional health. Dr. Pavel, director of the Mid-Atlantic Epilepsy and Sleep Center, discusses common sleep disorders and the negative impact they might have on your health. The discussion also includes how health can affect sleep patterns and available treatments.

5774 Th 9/26 1-2 PM Free  
Azalea Room/Klein

## Fall Risk Assessment

Do you know someone who has fallen recently? Do you know that falls are the leading cause of brain injury? Come visit stations run by staff from Adventist Rehabilitation Hospital to receive education about falls and be assessed for your own risk of falls. You will either receive exercises you can do at home or be referred to outpatient physical therapy.

5216 W 9/19 1-2:30 PM Free  
Lounge

## Feel It in Your Bones

With your bones in a continuous state of regeneration, fractures and bone weakness become more of a reality as you age. Dr. Jay Shapiro, an endocrinologist, guides you on how to maintain optimal bone health. He also discusses key prevention strategies and treatment options.

5218 Th 7/26 1-2 PM Free  
Azalea Room

## **NEW!** What You Didn't Know About the Ear, Hearing and Vertigo

Learn about the impact hearing loss has on balance, prevent falls and stay active and healthy longer. Presented by Nicholas Cushing, Live Better Hearing and Hannah Miller, Corewood Homecare.

5153 Tu 7/10 1-2 PM Free  
Azalea Room

## Resource Refresher

See page 27-29 for more support resources

- Information and resource referrals
- Customized individual assistance
- Home visits from staff
- Emergency financial assistance
- Financial assistance for center memberships and classes
- Health education
- Immunizations
- Blood pressure screenings
- Body composition screenings
- Medical equipment loan closet
- Wellness counseling
- Individual counseling and support groups
- Bus service to the Rockville Senior Center
- Bus service to shopping
- Subsidized taxi coupons
- Home evaluations on repair and safety needs
- Help determining the appropriate service provider to call
- An up-to-date list of area contractors
- Snow removal
- Care management on low incomes.
- Daily lunch at noon
- Weekly Chinese lunch
- Computer and technology
- Digital photography
- ESOL (English for Speakers of Other Languages)
- Citizenship
- Language classes

## NEW! Emergency Preparedness Tips for Seniors

Preparedness is a shared responsibility. It calls for the involvement of everyone, not just the government, in preparedness efforts. By working together with individual, family and household emergency plans, and within our neighborhoods and communities, everyone can stay safe from harm and remain resilient when struck by a hazard or emergency. Join volunteers from the Department of Homeland Security who review practical steps you can take to be better prepared for an emergency. Information covered includes family communication plans, state and county emergency alerts, emergency kits, essential record keeping and pet preparedness.

5721 Th 8/23 1-2 PM Free  
Azalea Room

## Stress Reduction/Meditation

This class offers the tools to focus, relax and come to a more peaceful sense of being. There is time for both meditation and discussion. Betty Figlure has taught meditation, guided imagery and stress reduction classes for over 30 years.

5154 M 7/9-9/10 1-2 PM \$30/\$35/\$40  
Board Room/Figlure

## NEW! Dermatology (Skin) Clinic at RSC

A skin clinic is being held at the Senior Center on the second Friday of each month. The skin is the largest organ of the body and needs to be checked for your overall health. OnSite Dermatology is in charge of this clinic. Monica Francis, certified P/A will do the initial consultations. You will be referred to a local doctor/specialist if necessary. Call Deborah at OnSite to make an appointment at 1-877-345-5300. Your insurance will be billed. For questions, call Betty Figlure at 240-314-8803 or email [bfiglure@rockvillemd.gov](mailto:bfiglure@rockvillemd.gov).

By Appointment Only  
Arts & Craft Room

## NEW! Exploring Technology Devices

As we age, technology can provide us with confidence in our ability to live alone. Find out how "smart" technology such as sensors, voice activation, GPS, Bluetooth, cellular connectivity via mobile phones and their apps, are making aging in place a viable option for an increasing number of people. Presented by Corewood Care.

5753 Th 8/9 1-2:30 PM Free  
Azalea Room

## Depression and Older Adults:

Depression is a common problem among older adults, but it is NOT a normal part of aging. In fact, studies show that most older adults feel satisfied with their lives, despite having more illnesses or physical problems. However, important life changes that happen as we get older may cause feelings of uneasiness, stress and sadness.

## Preventing Depression:

What can be done to lower the risk of depression? How can people cope? There are a few steps you can take. Try to prepare ahead of time for major changes in life, such as retirement or moving from your home of many years. Stay in touch with family and friends. Let them know when you feel sad.

Regular exercise may also help prevent depression or lift your mood if you are depressed. Pick something you like to do. Being physically fit and eating a balanced diet may help avoid illnesses that can bring on disability or depression.

The Rockville Senior Center offers many exercise programs. We have something for everyone. We would love to have you join a program, make new friends and receive the many benefits of exercise.

For the full article, go to [www.nia.nih.gov/health/depression-and-older-adults](http://www.nia.nih.gov/health/depression-and-older-adults).



***“Come... Get with it! You not only move your body but the joy you have doing it all at the Senior Center. It's wonderful and affordable. I love the Center and all the staff. Thank you!”***

**– Edwina Moore**

## Alzheimer's and Related Dementia Care Partners Support Group

Join this social gathering for people with memory loss and their care companions. Come together in a safe, supportive environment. Meets first and third Monday of each month. Pre-registration is required, call Pamela at 240-499-9024.

5723 M 7/2-9/17 12-1 PM Free  
Board Room

## Getting Your Financial Life in Order

Leah Nichaman of Everyday Money Management discusses tips on organizing your bills and important documents, what documents to keep and what to throw away, and the list of critical information you should maintain.

5672 Th 8/2 10-11:30 AM Free  
Azalea Room

## NEW! Home Safety

Let's discuss the various safety issues facing seniors. Tom Najjar discusses preventive steps to make your home a safer place as you age and provides information on how to prepare for the summer.

5735 M 7/16 10-11:30 AM Free  
Azalea Room

## NEW! Hospice 101: Myths and Truth

JSSA provides an overview of the hospice philosophy, eligibility criteria for hospice benefits and coverage under Medicare, as well as the structure and function of the hospice interdisciplinary team.

5679 Tu 8/21 10 AM-12 PM Free  
Azalea Room

## NEW! Reverse Mortgage

Home Equity Conversion Mortgages are for seniors who want to age independently and need access to their home equity to do so successfully. Demonstration using mini houses and candy equity shows you how HECMs can be used for healthcare, home modifications, home repairs, living expenses, items on your “Bucket List,” to downsize or to stop any current monthly mortgage payments.

5680 Tu 7/17 10-11:30 AM Free  
Azalea Room



## Rockville Villages

### What are villages?

Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

### What do village networks do?

Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

### For more information:

Contact Trish Evans, village facilitator,  
City of Rockville 240-314-8807 or pevans@rockvillemd.gov.  
[www.rockvillemd.gov/rockvillevillages](http://www.rockvillemd.gov/rockvillevillages)  
[www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html](http://www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html)

# Support Resources

## Positive Aging Project

Take this unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies. Make new friends and learn something new.

### NEW! After Caregiving

For those who cared for a loved one with long-term chronic illness such as dementia, cancer, diabetes, Parkinson's disease, this group provides solace and support in this new stage of life. With grieving the loss of a loved one also comes the reality of moving into a new role in life. Here is an opportunity to share and discover valuable resources and learn new coping skills. Second and fourth Thursday.

5445 Tu 7/10-9/11 1-2:30 PM Free

### NEW! Brain Games to Stay Brain Fit

Join others to learn about and play games to cross train your brain. The areas of your brain that decay slightly with normal aging are: memory; word recall (language); attention; visual and spatial awareness; brain speed and reflex; recognition; and intellect (learning). There are board and online games that address each and every one of these areas of the brain. Why not have fun with others in exercise and play? We review the literature on brain function while aging as well. Class is held the second and fourth Tuesday.

5447 Tu 7/10-9/25 1-2:30 PM Free  
Blossom Room

### NEW! Depression and Aging

Senior citizens are often diagnosed with depression. Sometimes it is depression due to our psychological reaction to an internal or external situation. Other times it could be a symptom of an illness, a chronic condition or chemical imbalance. Learn about depression in older people and depression as a symptom of something else.

5448 Tu 7/31 10:30 AM-12 PM Free  
Blossom Room

### NEW! Successfully Coping With Change

This support group provides the opportunity to develop the skills needed to address the senior stage of life and to age positively. The unique characteristics one faces in this stage are retirement, new illness or injury, loss and moving. Join others for support during this change and to develop the coping skills for this new time. 1st and 3rd Tuesday

5446 Tu 7/3-9/18 1-2:30 PM Free  
Blossom Room

### Women Living Alone Workshop

How to Live Alone and Not Be Lonely: a long standing open enrollment support group at RSC in which members support each other through listening as well as through offering tips, suggestions and advice for a variety of issues. First and third Thursdays.

5733 Th 7/5-9/20 1-2:30 PM Free  
Health Room

Únase con nosotros el cuarto jueves de cada mes de 10:30 a.m.- 11:30 a.m. para un grupo de apoyo interactivo. Este grupo presenta actividades divertidas mientras que revisamos temas importantes para adultos mayores. Aquí están las próximas fechas y temas para los grupos:

7/26/18: La soledad

8/23/18: Como mantenerse positive



## **Rockville Emergency Assistance Program (REAP)**

Emergency assistance is available for eligible City of Rockville seniors, 60 and older, experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Contact Martha McClelland at 240-314-8816,  
or Miriam Minera, 240-314-8817.

## **Senior Transportation**

Are you 60-plus, live in the city limits of Rockville and need a ride to the center or to the grocery store?

### **Monday to Friday:**

Pickup (for those who call in advance schedule: Approx. 9 a.m. and approx. 11 a.m.

**Take home times:** Noon • 1 p.m. • 2:30 p.m. • 3:30 p.m.

Bus is for City of Rockville residents aged 60 and older. Please see or call the transportation office for a reservation: 240-314-8810.

Please call before 2 p.m. the day before and Friday for a Monday pickup.

## **Developing Villages in Rockville**

### **Twinbrook Village**

Contact: [Twinbrookvillage@gmail.com](mailto:Twinbrookvillage@gmail.com) and  
[communitywildlifehabitat@gmail.com](mailto:communitywildlifehabitat@gmail.com)

### **King Farm Neighbors Village**

Contact: [kfnvinfo@gmail.com](mailto:kfnvinfo@gmail.com)  
301-799-8104

### **FELD Village (West End)**

Contact: [nonny62@verizon.net](mailto:nonny62@verizon.net)

### **Pump House (East Rockville) Village**

Contact: [pumphousevillage@gmail.com](mailto:pumphousevillage@gmail.com)

# General Information

## Registration Begins:

- Member registration begins Tuesday, May 1.
- Nonmember Resident registration begins Thursday, May 3.
- Nonresident/nonmember registration begins Thursday, May 3 for adults ages 60 and older who live outside the Rockville city limits.

## Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

## Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

## Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs \$15; swim \$15.

## Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

## Program Assistance Fund:

- Tax-deductible donations to this fund are accepted at the front desk of the senior center or through the check off box on the registration form.

## Most convenient method. 7 days a week.

### 1. Online:

- [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)

### 2. Fax to:

- Rockville Senior Center: 240-314-8809

### 3. Mail to:

- Rockville Senior Center  
1150 Carnation Drive 20850

### 4. Walk-In:

- The Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk in registrations. please call for operating hours to avoid unnecessary trips.

## Program Assistance Fund

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips. Please call 240-314-8810 for additional questions. Photo ID and/or verification document that you live in the city limits of Rockville and income documents are required.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration)

### Online Donation Course #s

\$10.00	#2239
\$25.00	#2240
\$50.00	#2241
\$75.00	#2242
\$100.00	#2243

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center

1150 Carnation Drive, Rockville, MD 20850

## Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

# Registration Form

\*Required Info | Info Requerida

## Contact Information | Información del contacto

Last Name   Apellido*	First Name   Nombre*	Birthday   Fecha de nacimiento (mm/dd/yy)*	Email*
Address   Dirección*		City   Ciudad*	State   Estado* Zip   Código postal*
Home Phone   Teléfono de Casa*		Work Phone   Teléfono de Trabajo	Cell Phone   Celular

## Emergency Contact | Contacto de Emergencia

Name   Nombre*	Relationship   Relación*	Phone   Teléfono*
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Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*

Contribution to Program Assistance Fund: \$10 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ Other \$ \_\_\_\_\_

Processed by Check, Cash, Charge	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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**Program Modifications:** Participants with disabilities should contact our office prior to activity.

## Payment | Pago

Name on Card   Nombre en la tarjeta	Credit Card Number   Número en la Tarjeta de Crédito	Security Code   Código de Seguridad	Expiration Date   Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa   <input type="checkbox"/> Mastercard   <input type="checkbox"/> Cash   <input type="checkbox"/> Check # _____		City   Ciudad	State   Estado Zip   Código Postal
Cardholder Signature   Firma del Dueño de la Tarjeta			

## Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

\* Signature of Participant/Guardian | Firma del participante/tutor \_\_\_\_\_

Main Line | Línea principal: 240-314-8800 • [www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter) • Fax: 240-314-8809

Rockville Senior Center • 1150 Carnation Dr., Rockville, MD 20850



# Senior Center Happenings:

## **SPRING INDOOR YARD AND CRAFT SALE**

Rockville Senior Center

Sponsored by Rockville Seniors, Inc.

**Saturday, May 5**

**9 a.m.-2 p.m.**

Spaces Available

\$25 Senior Center Members

\$35 Nonmembers

Call for a registration form: 240-314-8800

## **ART RECEPTION**

**Thursday, May 17**

**6-8 p.m.**

Senior Center Lounge

Featuring the Work of Val Fry's

Senior Watercolor Classes

Sponsored by Brightview West End

**240-314-8820**

## **HEALTH FAIR**

**Friday, May 25**

**11 a.m.-1:30 p.m.**

Free health screenings, healthy snacks and more. Montgomery County and Rockville agencies, along with vendors from various health facilities, will be present

## **SAVE THE DATE: Hometown Holidays Memorial Day Weekend Music Fest**

**Saturday, May 26**

**Sunday, May 27**

**Monday, May 28**

## **INTERNATIONAL DAY**

**A Celebration of Cultures**

**Friday, June 15**

**10:30 a.m.-noon**

Displays • Costumes • Tastings

Dance Demonstrations.

## **WINE AND CHEESE**

**Tuesday, July 17**

**5:30-7 p.m.**

Enjoy an evening out to meet new friends and staff of the Senior Center.

**Bus transportation available for  
Rockville residents by calling**

**240-314-8810**

Course #5754

**A \$3 donation is recommended  
to support the Program Assistance  
Fund.**